

# Increase Positive Behaviors

## Positive Rewards Action Plan

Positive rewards are used to “thank” your loved one for their behavior or actions. Positive rewards can be verbal (a simple thank you or acknowledgement), physical (a hug or special meal), or a small gift (tickets to a movie or a book). Use this document to create an action plan that will help you reward your loved one.

Behaviors that I want to reward are:

Verbal rewards that may appeal to my loved one:

Physical rewards that my loved one may appreciate:

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Small gifts that I can give to my loved one:

Things that may get in the way of using positive rewards: